Jim, 11/21/74

Because for various reasons I think that at one point we should have a single but complete record of

a) freebees

b) early copies to reduce work and cost,

This morning I started a notebook of them, in alphabetical order.

By knowing the early copies we can reduce the cost and time of mailing, for example, when we make general one. With my list and Bud's this can total a fair amount of both time and money.

When she can, I'll ask Lil to add to the list I've completed of those of which I have records or recollection. I've included those few of yours of which I knew.

So, when you can, I should have your list.

Yeday I sent freebees for special reasons to Mac Mathias and Don Edwards.

WILLIAMS:

Through this a.m. I've taken in the Barbara Walters' show. For the limitations of TV it has been what I regard as an excellent, solid presentation of stress/anxiety and consequences. Selye the first two days, with Hutschnecker. Selye great and I'll be looking for his new book. I've alerted Ed Williams to my interest in case he gets a freebee.

In all cases, all experts agreed there is a correlation between stress and anxiety and health/illness.

Two quotes from today's seem more than usually relevant (most of Selye seemed to be, too). A shrink named French said, for example, direct quote, "The more responsibility you have for other people the more stressful." This may require explanation.

Another shrink, Dr. Ari Kiev, was more often direct in relevance. One, paraphrase, opinion is that the more there is beyond one's capacity to do anything about, the greater the stress and the higher the incidence of disease.

Taking this, for your information, let me note two things, one with Lil, one with me.

Coinciding with the helicopters and acutely increased when Williams did nothing was Lil's reaction, beginning with headaches (specifically mentioned on this series) and the other problems of which you know, esp. Balance and directional senses.

In my case, when under stresses in World War II, I was first told I'd never have an ulcer because of my type, meaning personality type. (Ft. Dix.) Then during the course of a complete workup at Walter Reed, where I was hospitalized for mumps/orchitis there was the very complete, old-fashioned GI series. No ulcer. However, in 1966, which was too early in my assassination work and its stresses for that to figure, I was taken ill driving to NYC to sign the Dell contract. On return I had a check and a healed ulcer was discovered. Healed. Not new. I think the only thing to which it can be attributed is the combination of overflights and Williams non-performance, w ich in the latter more than the former Kiev illustration was beyond my capacity to do anything about. I was able to do something about the helicopters - and did. Compare with the stressful time after Williams abandoned us, the years without representation and the very long period of coping with my new lawyer. In all this time no ulcer troubles. In fact, the only flareup was the result of wrongful medication before Xmas 1967.

Also FYI when the time comes, I have and I think you should have separately, not to be influenced by my annotations, two witnesses before EPA hearings, one Mrs. Ony Maxwell, SF Bay area; and Dr. Bruce Welch, psychologist and noise expert. Aside from use in litigation, I think it would help for Williams to know these things and if he is so inclined make his own independent inquiry into their validity and the probability of applicability and relevance. HW